



COWPENS CORRAL

A publication for friends and family of USS COWPENS (CG 63)

COWPENS CARELINE 243-3322

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Cowpens Helps Hong Kong ring in the New Year.

Special Points of Interest

- Follow the Herd, Page 6.
- African American History Month, Page 10.
- Competing in the COWPENS Cup, Page 12.

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After ten weeks in Ship's Restricted Availability, two days at ammo anchorage, and four very rough days at sea, the crew of COWPENS was very grateful to pull into their first liberty port of 2007: Hong Kong.

As COWPENS made the transit into Victoria Harbor, there was a hush topside as the giant skyscrapers of Hong Kong emerged from a typically foggy morning. As we moved deeper into the harbor, merchants passed on both sides—not surprising, since Hong Kong is one of the largest ports in Southeast Asia.

On shore there was an abundance of activities available to the Thundering Herd. Several restaurants were located next to Fenwick Pier with menus that ranged from American-style cuisine, to



more traditional Chinese selections. Also nearby was the World Carnival, featuring several rides and carnival-style games nearly free of charge! As an added bonus, on the first night in port the crew was able to take in a spectacular fireworks display celebrating the Chinese New Year.

Visible from both sides of Victoria Harbor, the twenty-three minute firework display was unmatched by any other. It is said that the fireworks are intended to scare away the man-eating beast "Nian," who crawls out from his undersea home annually to find human prey.

Many Sailors took advantage of the MWR tours available in Hong Kong. The most popular

was the Lantau Island Tour, which took crew members to see several of the monasteries scattered around Hong Kong. The highlight was a visit to the Tian-Tan Buddha—the worlds tallest Buddha. They were also treated to a vegetarian meal prepared by Buddhist monks! Others made a visit to Hong Kong Disneyland, Aberdeen Harbor, or one of the numerous shopping markets located in Hong Kong. Every Sailor enjoyed his or her liberty in Hong Kong, and it remains one of COWPENS favorite liberty ports. We're all ready talking about what to do on our next visit!

By: ENS Dana Canby

News from your Ombudsman

As March moves in, we see that spring is in the air. Of course, we have the vernal equinox coming up on the 21st, so it's hardly surprising our thoughts should turn to the upcoming season.

But March has the benefit of many more events to anticipate as well. Mardi Gras is wrapping up, and everyone knows (and looks forward to) St. Patrick's Day. (Please remember to drink responsibly on that day!) The United States, as well as several other countries, celebrates March as Women's History Month, with International Women's Day on March 8. It also holds the honor of being American Red Cross Month, as it has been for over 60 years.

March also has quite a few festivals celebrated here in Japan. One of the most well-known is

probably Hina Matsuri. Celebrated on March 3, families with girls wish these daughters a happy and successful life. Dolls representing the Emperor, Empress, attendants, and musicians in the traditional court dress of the Heian period are displayed on tiered platforms covered in red cloth. One popular suspicion states that if the family does not retire the whole set before the night of March 4, the girl will not marry before the next year.

This custom began during the Edo period with its origins in Hina-nagashi (lit. doll-floating). The Japanese once believed dolls possessed the power to contain bad spirits. In Hina-nagashi, paper dolls were put on a boat and sent down a river to the sea, thus taking bad spirits or trouble with them and giving their owners protection.

So, be on the lookout for this and other festivals during March and don't be afraid to get involved!

Kind Regards,
Michalla Stalder
Ombudsman

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Command Chaplain

We got underway on Valentine's Day, February 14. It is the traditional day on which lovers express their love for each other; sending Valentine's cards, flowers or candy.

The Bible tells us that God is love (1 John 4:16).

God in His grace has made provision for our human weakness, and He is prepared to teach us how to love one another. There are no exceptions. God can teach us to

love even that especially difficult person.

Are you struggling to love someone? God will help you. He will enable you to love your parents, your spouse, your children, your friends, or your enemy in a deeper way than you could ever love them on your own. If you do not know how to express your love in a meaningful way, God will teach you how to do this. God is the authority on love. As you relate to others, ask God to make His love overflow to them through your life.

Just recently while we were in Hong Kong, 32 Sailors from the COWPENS shared their love by working one day at Crossroads International. This COMREL (community relations project) consisted of helping construct Crossroads' new Life X-perience programmes, which offer simulated encounters with poverty, world

trade, refugee needs, world hunger, and AIDS. Awe also cleared out brush from a fence row and did landscaping, boxed up hundreds of new dresses for the needy in China, sorted and divided up donated goods and clothing to be shipped to the needy in many countries, chipped paint and drilled holes in concrete from a building that Crossroads' is renovating and tore down wooden pallets. Thanks to everyone for helping. You all did great. And thanks for sharing your love to those in need. Blessings,

LT David Bradley
Command Chaplain
USS COWPENS (CG 63)



Captain's Corner

IT IS AWESOME TO BE BACK UNDERWAY! While normally I don't like to type in all caps, I couldn't resist in this case as it's the best way I can convey how great it is to get the ship back into her natural environment. A lot of great work was done during the yard period, but at sea is where it's all about. And you'll read about lots of what it's like to be back at sea in this edition. Let me highlight a couple of articles that are particularly noteworthy. Take a look at The Sailors of the Week on page 5. These Sailors represent the best in COWPENS and at the same time are

typical of the amazing talent we have on our ship. The Black History article covers what was the finest Black History celebration I've seen in 23 years. Well done to all involved. The rest of the newsletter is chock full of stories of great things being done by great Sailors. Until next month, keep us in your thoughts and prayers as we keep you in ours.

Best Regards,

Captain Terry Mosher, USN
Commanding Officer
USS COWPENS (CG 63)



Executive Officer



It's March already!!! Spring is here and Winter, the SRA, Holiday Leave and Standown are all in the rear-

view mirror. We took off out of the blocks at nearly a dead sprint and did not miss a step. But just like a professional football team, the coaches had the team ready and the team executed the game plan with a focus on the fundamentals. It was absolutely amazing to see this ship go from an industrial environment to a full-up combat capable warship with a crew that was ready to take her back to sea in a truly professional manner. It's almost like we had never been in-port. It is a true testament to the skills and professionalism of

Thundering Herd to see us back up on step and ready for tasking. All in all, February was a great first quarter and we are ahead by a touchdown as we walk to defend the opposite end.

February wrapped up with a transit south for sea-trials and a port visit to Hong Kong. During the transit south, we honed our combat and damage control skills in two complex training scenarios. I was very proud to watch our Sailors learn from each scenario and apply the lessons in the following scenarios. One of the highlights of our trip down to Hong Kong was a swim call in the South China Sea. It was my first swim call in 13 years in the Navy and I can honestly say that the drop from the aft missile deck is a lot higher than it looks. Following an incredibly complex mooring evolution in one of the busiest ports in the world, the crew enjoyed some excellent liberty in one of the most intriguing ports of call in the world. Hong Kong Disney, the open air markets, and the Wan Chai district seemed to be very popular amongst the crew.

March has some excellent events in store. The spring advancement exams will be complete and we are expecting to see some new Petty Officers and some promoted ones. We are making preparations for an exercise with the Republic of Korea and some additional port visits. All the while, continuing our focus on long term maintenance and realistic training. We are taking advantage of every opportunity to prepare ourselves in terms of both to ready ourselves for the summer deployment and beyond.

The Thundering Herd is on the move again. Your loved ones are doing an excellent job in terms of both execution and preparation. They are true professionals and it's an honor to be a part of this incredible team. I look forward to the second quarter; we are going to get a couple more touchdowns on the board before the half. Drive on!!!!

Best Regards,
LCDR William Shafley
Executive Officer

Command Master Chief

The maintenance period is over, the first underway of the year has come and gone and our first port visit is over. Things are somewhat back to normal, the ship is again full of life and Sailors are busy with the day's activities. What a great way to start the year on this mighty Warship.



Over the last few months a lot of you have been studying for the upcoming advancement exams. Focus the last few days before the exam, get a good night sleep before the test and trust your instincts. You will find that most of the time your first choice is the best. For

those who will have their record reviewed by a selection board, preparation for that is just as important.

Six months out, you should visit the BUPERS online (BOL) web site and order your official military personnel file. Next the performance summary record and enlisted summary record should be checked and verified. Updates and corrections to these can be made by following the directions on BOL. When checking records six months out you can submit corrections to PERS-312. If the selection board is about to convene you must send missing information via letter to the board president. Your letter should be sent by mail or fax to the NPC customer service center. This information must be received at least one day prior to the board. Once you have prepared, take a

short break and start thinking about the next goal that you have set for yourself.

In closing, remember that with just a few key decisions or indecisions in life determine where you will end up. Enjoy your time in USS COWPENS and remember that each of you is what makes this command and OUR NAVY great. Keep Charging...

Warm Regards,

Richard T. Hatton
CMDMCM(SW/AW),
CMC Mighty Moo!

Executive Department

NX DIVISION

February has been all about achievements in the NX Division. The office underwent an audit by the Pay and Personnel Assist team and passed with a score of 98 percent. This marks the highest score the ship's office has ever had. The audit lasted for one week, primarily focusing on pay and record maintenance. This achievement was paramount for the division, and goes to show that greatness is achieved through hard work, dedication, and teamwork.

Another of the many achievements for the Department as a whole was the presentation of Sailor of the Week, to PSSN Jones and HM2 Marshall. Bravo Zulu to HM2 and PSSN for all your hard work.

Although we work hard, playing hard is essential, and personal goals must be set and achieved whenever the opportunity presents itself. On board COWPENS a few Sailors are working hard towards obtaining a Master Scuba Diving qualification. In our recent visit to Hong Kong some of us played hard with the Splash Company. The water was very cold, the sites were not really colorful, and all the fish were in the markets, never the less the diving sure was fun.

Senior Chief Christiansen and ENS Canby qualified as Rescue Divers. They had to take a series of search and rescue courses and first responder classes before taking and passing their final test. For PSCS Christiansen this would be the last step towards obtaining a Dive Master qualification. IC3 Winters



and myself qualified in an advance diver's course, having to take and qualify in five specialty dives to include underwater navigation, peak buoyancy performance, deep dive, search and recovery, and a dive propulsion vehicle. It was a blast!

By: PSSN Serrano

Sailors of the Week

Name: Octavius Everett Jones

Rate: Personnel Specialist (PSSN)

Year Born: 1986

Enlisted in the Navy: March 15, 2005

Home Town: Oakland, CA

My role model: Though he is deceased, I would have to say Tupac Amaru Shakur. We came from similarly bad environments while growing up. His music got me through some hard times.

What I like about Japan: Japanese anime. I became what they called 'Otaku' which is anime lover or fiend. I love Japan and would like to experience it as much as I can before I leave.

Philosophy on Life: Redemption must be rooted within before it can fully be realized on the outset. If you have given up on yourself, then why should you even seek anyone else's forgiveness?



Name: Frederick A. Marcaida

Rate: Information System Technician (IT3)

Year Born: 1986

Enlisted in the Navy: August 4, 2004

Home Town: Fremont, Ca

My role model: My role models are my friends, and my family.

What I like about Japan: I like the culture, the environment, and experiencing what its really like living in Japan.

Philosophy on Life: When in charge, ponder. When in doubt, mumble. When in trouble, delegate.



Name: Dustin Dunn

Rate: Storekeeper (SKSA)

Year Born: 1987

Enlisted in the Navy: May 16, 2006

Home Town: Sulphur Springs, TX

My role model: Jesus Christ my Lord and Savior

What I like about Japan: The history

Philosophy on Life: I believe that we are given one life and although God has made plans for us all, we still have the choice of doing what we want. We can do anything we want, it's just up to us whether or not we want to go along with God's plan or do our own thing. You only get what you put into life and however you end up at the end of yours it was your choice all the way through. My favorite quote about life is "One minute without a smile is 60 seconds of life wasted away."



Name: Davitri Marshall

Rate: Hospital Corpsman (HM2)

Year Born: 1983

Enlisted in the Navy: Jul 2001

Home Town: Silver Spring, Maryland

My role model: My father

What I like about Japan: The culture and food

Philosophy on Life: Every day is a gift from God treat it as such, tomorrow is never promised to anyone and life is too short to be pessimistic find the positive in every situation.



Follow the Herd . . .



Port Visit: Hong Kong

Just the Facts...

Location: 22°17'2" N 114°08'2"E

Official Languages: Chinese (Cantonese) and English

Population: 7,041,000

Historical Highlights: The area now known as Hong Kong became an important trading region and a significant strategic location for the Chinese mainland during the Tang and Song dynasties. These populated townships or villages had never been collectively known as Hong Kong before the British settlement arrived. The area began to attract the attention of China and the rest of the world again in the 19th century, when it was ceded to Britain after the Opium Wars. The whole territory of Hong Kong under British colonial rule became the Hong Kong Special Administrative Region of the PRC on 1 July 1997. In the Joint Declaration, the PRC promised that under the "One Country, Two Systems" policy proposed by Deng Xiaoping, the socialist economic system in mainland China would not be practiced in Hong Kong, and Hong

Kong's previous capitalist system and lifestyle would remain unchanged for at least 50 years, until 2047. Hong Kong would enjoy a high degree of autonomy in all matters except diplomatic affairs and national defence.

Tourist Attractions: Hong Kong has an active nightlife centred on two major entertainment districts, Lan Kwai Fong (Central) and Wan Chai. Both areas are frequented by expatriates and locals alike. For a more quiet evening, a trip to Victoria Peak offers a spectacular view of the city. There is also a promenade along the Tsim Sha Tsui waterfront, which is popular among young Chinese couples. Shopping, a form of entertainment for the people of Hong Kong, is even done at nighttime as evident in the Temple Street Night Market where one can also catch free performances of Peking opera.



Operation's Department



QMSN Flores, a member of the ship's low visibility detail, shoots a bearing as the USS COWPENS enters Victoria Harbor under low visibility conditions. Providing an accurate position for the ship was an important part of the mooring evolution which secured the ship to it's assigned mooring bouy in Hong Kong.

ON DIVISION

ON DIVISION has been hard at work this month preparing for our Hong Kong port visit and making sure that all of our preservation objectives were met during this years ships repair period.

QM3(SW) Farr stands Quartermaster of the Watch, a navigational assistant to the Officer of the Deck, under the instruction of **BM2(SW) Shead**, in hope to gain the personal qualification so that he is able to stand the watch by himself.

QM2(SW) Lee has also been working towards his re-qualifications of his watch stations after transferring to *Cowpens* from the 7th fleets Flag Ship the USS Blue Ridge (LCC-19). Both of them are quick learners and wonderful additions to the ON Division!

To all, Happy Valentine's Day and we'll see you next month!

By: QM3(SW) Kendra Rightsell

IS DIVISION

First of all we would like to welcome **ITSN Weems** into IS Division. She is representing the state of South Carolina. Welcome Shipmate! Also, one of our own members **IT2 Monroe** and wife, who is on terminal leave brought into this world a baby boy on February 10, 2007. Congratulations! As usual we are gearing pedals for the upcoming cruise and assuring all communications are completely intact. We also had **IT3(SW) Marcaida**, **IT3(SW) Feagins**, and **ITSN Salazar** from the division participate in CTF70 Change of Command, which occurred February 2, 2007. We have been vigorously preserving and painting multiple spaces, which gives us pride in the way our ship looks. We are staying the path!

By: IT1(SW) Joel Ramirez

Welcome Aboard

YN1 Marina Novakovich
OS2 Moses Anderson
SK2 Robert Gonzales
OS2 Eric Green
OSSN Dereck Dobben
ITSN Christal Weems
SKSN Adam Stoll
CSSA Maverick Kendrick

Happy Trails...

ENS Nicholas Elliott
CTRC Darren Tousaint
HMC Vincent Abella
YN1 Gregory Cazemier
FC1 Bronson Ryan
SK1 Sean Mahony
GM2 Jarrod Davidsmeier
GM2 Daniel Lebrun
EN2 Ivory Gentle
SKSN Robyn Anderson
BM3 Chris O'Shaughnessy
BM3 Alston Muir
SHSN Lanaya Kenneth
CTTSA Nathan Goehl

Congratulations . . .

Reenlistment

QM3(SW) Farr

New Births to the Family of . . .

GSM2(SW) Samson
IT2 Monroe

Operation's Department (continued)

OI DIVISION

Well now it is that time again to pull out the MOBOARDS, dividers, and log books! OI Division is ready for the action. First we would like to welcome our newest "Blue Light Lounge" employees to the show. **OS1 (SW/AW) Cuthbertson**, **OS2 (SW/AW) Anderson**, **OS2 (SW) Green**, and **OSSR Dobben**, we look forward to many adventures with you. We would also like to wish fair winds and following seas to **OS1 (SW) Naylor** as he transfers to Riverine Squad 3. He will be missed. With all our new personnel on board we prepare for a rigorous schedule of Port and Starboard watch standing (12 hours of watch standing for day six on then six off), and receiving countless hours of training so we can prepare for our upcoming operational commitments. Several of us are looking forward to donning our ESWS (Enlisted Surface Warfare) pins as the division is making a strong push for 100%.

Although this year has been busy; OI Division hasn't fallen behind the power curve. While in port Yokosuka, Japan we have successfully prepared and painted many of our spaces and have spent countless hours making sure that our part of the "COW" is scrubbed nice and clean. This work hasn't gone unnoticed. We have received a "shout-out" for some of the work from the ship's Executive Officer and have received praises from our Divisional chain of command, as well. With our "go-getter" attitude this is sure to be an amazing year for the superstars in the Blue Light Lounge. If you are ever by our way especially those of you working on your ESWS come on in and pay us a visit. Senior Chief does not bite...Often.

By: OS3 Kelsey Gumm

OD DIVISION

In this month of February, OD Division has proven to be one of the most elite divisions on the ship. Everyone in the division has stepped it up a notch to ensure that our spaces were up to par and finished before our SRA period was complete, and we came out on top. So, for a couple of minutes of your life I will inform you of our accomplishments.

For a start, **BM3 Mark Gabriel** and **SN Courtney Cornell** are two of our very own sailors who put in overtime to guarantee that the ship's inside spaces looked professional. They made up the spray paint team and knocked out more than 20 spaces onboard. The ship looks a lot brighter these days so you know who to thank for that.

Next in line we have **BMC Teresita Cutler**, along with the ship's girls' Basketball team, who brought home a championship trophy this month. They were in the Captain's Cup tournament which is a very competitive one involving all of the ships on the waterfront and they managed to pull it off, so we would like to say congratulations to all of the participants!

On another note, **BM3 (SW) Christopher O'Shaughnessy** and **BM3 Alston Muir** left this month to embark on their new journeys in life. They were very valuable to the division, their supervision and knowledge of their rate helped other junior sailors to become better and we will truly miss those two.

So, as you can see every month in our division someone is shining like the sun. And with that I show love to OD01, 1st Division, second to none.

By: SN Dargan

OT DIVISION

This underway has been an exciting and busy one for all. The ship's endurance thru tough times can show how well it can perform in heavy seas. Just like OT division in its ongoing ability to carry out all tasks assigned. **CTT2(SW) Barrera** and **CTR3 Huffman's** hard charging always ensures that the DCPO maintenance is completed every week.

CTR1(SW/AW) Taylor, who is now taking over main DCPO for OT, not only heads up maintenance but also now maintains AFT OPS berthing to a new higher standard, keeping it clean and fresh. OT would like to welcome our riders for our Hong Kong visit. Welcome **CTT1(SW) Roman**, **CTT2(SW) Mathison**, and **CTI2 Kamaka**, thanks for the helping hands.

Sadly, OT division would like to say farewell to **CTRC(SW) Tousaint**, he was a huge morale booster to the division and will always be welcomed on USS Cowpens.

On a brighter note, a huge congratulations goes out to **CTRC(SW) Coss** for making LDO, any ward room would be lucky to have you!

By: CTT2(SW) Barrera



Underway replenishment evolutions performed by OD Division remain a vital part of keeping the ship out to sea.

Supply Department

S1 DIVISION

Throughout SRA period, the S-1 Division played a key role... providing logistics support during the entire SRA. At the same time, S-1 crew prepared for the Division in the Spotlight (DITS). From issuing parts to using needle guns to sander, painting and inventorying, S-1 accomplished what needs to be done. That was an amazing accomplishment! Teamwork was the name of the game.

Interesting changes happened in the division. **SK1(SW/AW) Mahoney** left with his family for Lemoore, CA to do his shore tour after four years on *Cowpens*. **SKSN** Anderson transferred to TPU Yokosuka to await orders back to the states. **SKSR Lewis** left S-1 division to report to S-2 for his Food Service tour. **SKSR Dunn** will be leaving us soon to join **SKSR Lewis**. As you can see, some of our storekeepers are leaving but we also have new folks joining us. Let me be the first one to welcome **SK2(SW) Gonzalez** from FISC Yokosuka. **SK2** had joined us right before we left for Hong Kong. I'm sure he will enjoy the ride. Also, **SKSN Stoll** from Sigonella, Italy reported onboard to join the Supply "elite" team.

These are just few items we have going on for supply. Please come and join us again next time for the latest and greatest from S-1 division.

By: SK2(AW) John Robayo

S2 DIVISION

In celebration of the galley reopening on 1 February 2007, we would like to share this delicious recipe for **Apple Fritters**. **S2** would also like to give a shout out to everyone who helped prepare the galley for its reopening! Thanks to all the CS's, the Mess Deck Master-At-Arms, all the FSA's, and those in Engineering department who made sure our equipment was up and running! The galley is off to a great start!

By: ENS McNamara

S3 DIVISION

It's that time of year again, and **SS03** is trying to stay one step ahead of the game with new items and features! We have a variety of new sodas for the machines and some of your favorites in the ship's store. So come on in and check out what we have. It just might be what you're been looking for. By the way my name is **SHSN Parkwalrond** (Park for short), and I'm your new ship's store operator.

Outside the Moo Mart, Ship's Laundry is up and running and **SS03** is ready to provide you with our best service. We have three new washers and dryers in self serve laundry to better serve you. So help us keep self-serve clean and looking new.

On a little sad note **SS03** would like to say farewell to **SHSN Kenneth** and would like to wish her all the best in her future endeavors.

By: SHSN Parkwalrond

APPLE FRITTERS

Yield: 100 Portions

Single Serving: 2 Fritters

Temperature: 375°F. Deep Fat

Ingredients Measurement

- | | |
|--|------------------|
| 1. Flour, Wheat, general purpose, sifted powder, milk, salt, and sugar | 4 lbs |
| 2. Baking Powder | 6 2/3 tbsp |
| 3. Milk, nonfat, dry | 1 1/3 cups |
| 4. Salt | 2 1/3 tbsp |
| 5. Sugar, granulated | 2 3/4 cups |
| 6. Nutmeg, ground | 1 tbsp |
| 7. Cinnamon, ground | 1 tbsp |
| 8. Eggs, whole, beaten | 10 eggs |
| 9. Water | 7 1/4 cups |
| 10. Shortening, melted or salad oil | 3/4 cup |
| 11. Apples, canned, sliced rounded | 3 qt (1-No 10cn) |

Method

1. Sift together flour, baking nutmeg, and cinnamon into mixing bowl.
2. Combine eggs, water, and shortening or salad oil; add to dry ingredients. Mix at low speed until well blended.
3. Drain apples and chop coarsely; add to batter; mix lightly.
4. Using a No.40 scoop or well tablespoon, drop batter into deep fat. Fry 4 to 6 minutes.
5. Drain on absorbent paper.

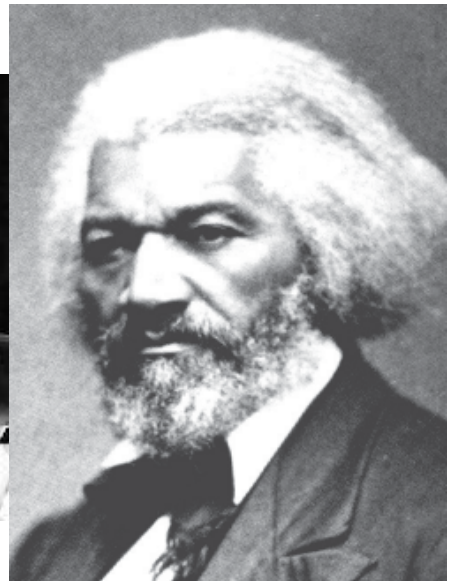
Notes

1. In step 3, 6 lbs pared, cored, and diced apples may be used for canned apples.
2. In step 4, after frying, fritters may be sprinkled with 2lbs (2 qt) sifted powdered sugar.

COWPENS Celebrates African American Heritage

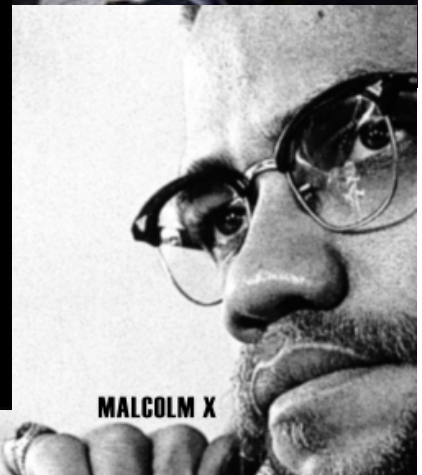
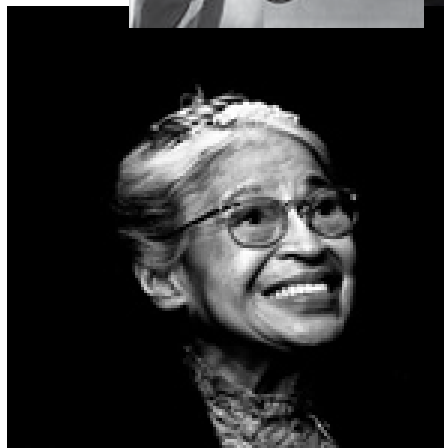
On February 25, 2007 the African American Heritage Committee presented a program to the command. The theme for this year's program was "Diversity in Numbers". Spectators were guided through a presentation by Mistress and Master of Ceremony **YN3(SW) Adams** and **SH3 Mcferren**. The committee chose the theme "Diversity in Numbers" because it reflects the wide spectrum of miscellany among Blacks in addition to representing the direction of our Navy.

The audience was entertained by original poems from **ITSN Weems**, **FC3 Thompson**, **OS1(SW) Dover**, **SN Dargan**, and **IT1(SW/AW) Bennett**. **SH3 Kennerson** gave insight into the history of rap by educating the audience about griots and then delivering a heart felt soliloquy dedicated to his grandfather. The rap group "Top Flight", which consist of **SHSN Weems**, **CSSN(SW) Fisher**, **SN Brinkley**, and **SN Wright** performed an original song entitled "Mommie got a Pretty Face". The "MOO PHI STEPPERS", **BMC(SW) Cutler**, **OSSN Bacon**, and **SN Pittman** wooed the audience with a step show. **FC2 Pacheco** and **LTJG Combs** tagged team in the education department, sharing with the audience personal life experiences. The program was followed by a soulful meal which included baked ham, fried chicken, catfish, southern style greens, candied yams and a delectable cake prepared by our very own **CS1(SW) Mayberry**. **YN1(SW) Williams**, **QM1(SW) Turner**, **YN1(SW/AW) Novakovich**, **DC1(SW) Lewis**, and **DCC(SW) Robertson** all gave a helping hand in the galley.



The audience learned a little more about African American Heritage, while being entertained and in the end it all boils down to this fact: "Real diversity, which includes a strong sense of unity, will never become a reality until each of us, on a daily basis, look for ways to find strength in differences"

By: YN3(SW) Adams



Engineering

EA DIVISION

In the past A-Gang, a group of highly dedicated and extremely motivated sailors have proven that they can withstand the most intense challenges. While fixing equipment, conducting training, and making the most difficult of repairs, they still maintain the professionalism and integrity that makes them the finest example of what any sailor should strive to be. 2007 is proving to be a challenging yet productive year. Though they gradually get smaller in numbers, their will power, courage, and strength to do what must be done grows larger everyday. The thing that makes them so strong is the effort to work as a team. Though they all have their own specific jobs to do, they still take out time to help each other. They are true examples of the term "One team one fight".

Time and time again A-Gang continues to prove they are the true Unsung Heroes of *Cowpens*; however, recognition is not why they do what they do. A-Gang's satisfaction comes from seeing the job get done correctly and safely, knowing no matter what new and difficult challenges 2007 may bring, the Honor, Courage, and Commitment of these fine sailors will lead them to victory.

By: **ENFN Derek Robinson**

EE DIVISION

Securing for sea to ensure ship-wide safety is no easy task but definitely necessary. Even a 10,000 ton, 567 foot long vessel like *Cowpens* can endanger herself trapped in a violent storm. When 13 foot waves of water crash against the hull, the ship can be tossed around like a toy in a bath tub. Setting yoke becomes critical, with all hands must ensuring that water tight doors are properly dogged down and won't loosen as the ship rolls.

Potential hazards such as gear adrift in the overhead, loose cabinets or unsecured heavy items make a dangerous work space and puts lives at risk. Securing for sea is a daily chore onboard that must be taken seriously. Finding the right type of line to secure objects to the bulkhead is crucial. Using the ships electrical wiring or piping system as an anchor for items must always be avoided. Personal belongings in the berthing areas (such as laptops, iPods, sneakers and cell phones) are generally secured in a locker to prevent damage.

Although such extensive preparations are often laborious, the crewmembers of *Cowpens* are no strangers to the unique hazards presented by sea travel.

By: **EM2(SW) Clark**

ER DIVISION

Once again another busy month has come along for R Division. We departed ways with our old DCA **LT Valvardi** in the middle of the month and welcomed aboard **LTJG Fitzgibbons** to our team. We already know that he will be a great asset to our division. This month we started out with many of our shipmates getting awards. **HT2 Cameron** and **DCFN Kramm** both received Sailor of the Week honors in the month of January, and **DC2 Baxley** received his third Good Conduct Award.

If you haven't noticed already, in the repair lockers there are DCTMS laptops that will replace our regular plotting by paper. It's a new system that we are glad to have in our DC world. In addition to our new plotting systems, there have also been firefighting schools that have been available to keep our ship's team on its toes.

On the HT side, they've been busy nonstop installing new TV's in all the berthings. They have also been busy with the many trouble calls that have been coming in throughout the ship. We also recently finished one of our inspections called LOA (Light off Assessment). That inspection went from the 22nd of Jan to the 26th. Throughout it all, we as engineers did well. Well that is all for now to report, until next time when we go out to sea.

By: **DC3 Pugh**



EN2(SW) Matthew Heistad and EM3(SW) James Dugan take a moment during VBSS training to eye their assignments for an upcoming drill. Photo by LT. Bradley.

Engineering (continued)

MP DIVISION

After nearly three months in home port, MP division is ready to get underway, providing propulsion power to operate the ship at sea.

The last few weeks of the SRA kept MP division extremely busy. We prepared for the customary Light-Off Assessment, or LOA, that occurs towards the end of an SRA. During the LOA, members of MP division demonstrated our ability to safely start and professionally operate all main engines, generators with boilers, and various other supporting systems and equipment to the fleet inspectors. The inspectors also assessed the material condition of the engineering spaces for upkeep, preservation, and cleanliness. Through a coordinated team effort and many hours of hard work, MP division impressed the inspectors with only a few minor discrepancies that could easily be corrected once parts were received.

This month also brought good news to the MP family. We would like to congratulate **GSM2(SW) Donpatrick Samson** and his wife on the birth of their son. Both mother and son are doing well.

By: **GSM1(SW) Michael Stiern**

Competing in the Cowpens Cup

During the extended port time while in Ship's Restricted Availability (SRA), *USS Cowpens (CG 63)* offered alternative activities to crew members by starting her own in-house Captain's cup, notably named "*Cowpens Cup*". On Fridays at 1400, members on 12 different sports teams from each of the 7 different departments, including the Chief's Mess and Wardroom, compete in a variety of sporting events. At the end of the quarter the champions will receive their crown and the winning department will receive several perks from liberty to special privileges while underway.

A spirited rivalry began as soon as sports coordinator, LTJG Nicolas Elliott named dodge ball as the first event. The Chief's Mess barely took the lead in a last minute victory over the Wardroom in the last game of day. The spirit continued through volleyball and street hockey in the following weeks- with the Chief's Mess continuously in the lead.

However, that lead was relinquished last week in a game of kickball. The title game pitted Supply and Weapons department in what was supposed to be a highly contested game. Supply department ran away with the game. But all was not lost for Weapons department, their second place finish gave them enough points to capture first place in the points standings with eight events left to play.

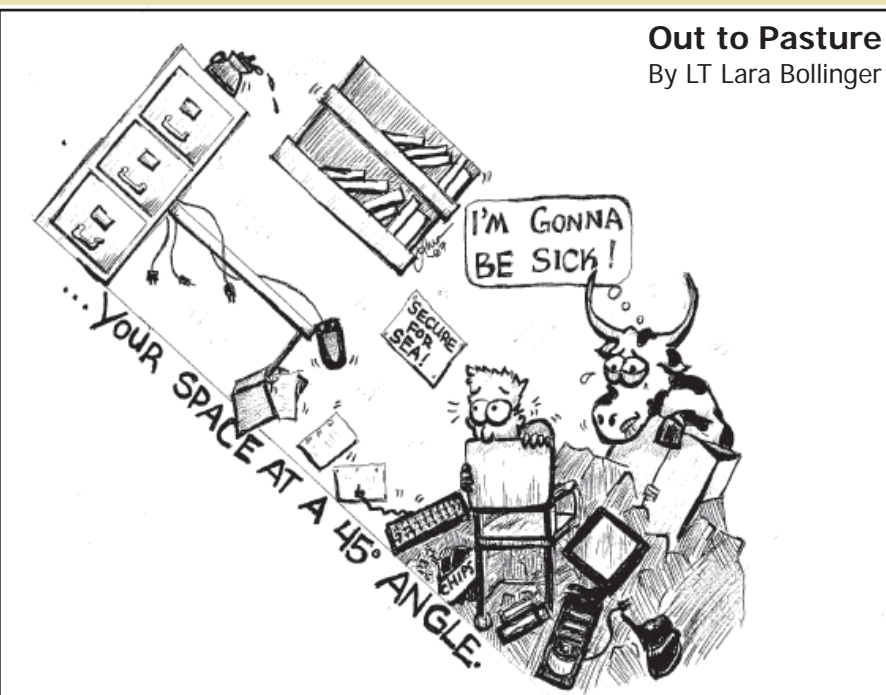
"I believe the *Cowpens Cup* has done wonders for the morale of the crew in a labor intensive environment such as SRA," exclaimed *Cowpens'* Executive Officer Bill Shafley.

"I had the most fun playing dodge ball," stated Information Systems Technician Second Class Gordon Woo.

Everyone still has a chance to win the *Cowpens Cup*! For more information about *USS Cowpens*, please visit our website at www.cowpens.navy.mil.

Out to Pasture

By LT Lara Bollinger



Combat Systems Department

CE DIVISION

As we get underway, many *Cowpens* crewmembers are thinking of the families that they won't get to see for a long period of time. Many also think, to a lesser extent, about loved ones back home (although they are no less important). This newsletter article is dedicated to the spouses, parents, and other loved ones back home reading this and missing their sailor.

Spouses, Moms, Dads, friends, and well-wishers, we thank you for your continued support back home. You're one of the things that make it possible for us to stay sane out here. We all joined the Navy for different reasons, but the longer most of us stay in, the more we realize that in part it is YOU we're here for. We may not be getting shot at in Iraq or Afghanistan, or sitting in some dirty, muddy hole, but in our own way we are out here because we believe in the American ideal of freedom. We're thankful for this freedom for our families, and even give up a part of our own to ensure that those we love are not in want of freedom or opportunity outside of their own choices. Beyond our personal motivations for joining the service, we are out here for you. We may not always get to respond to your e-mails and letters right away, but your words do not fall upon deaf ears either. Thank you for your support and words of encouragement and kindness.

By: ET3 Kirk Stalder

FC2 Kelly prepares to don his fins while serving as the rescue swimmer for a ship's swim call. Just one of the many activities to help Sailors unwind. Photo by FC1(SW) Day.



LCDR Shafley, the ship's Executive Officer, looks down on underway replenishment operations. While at sea these evolutions remain vital for sustaining the ship's deployment, and require a high degree of coordination between departments to insure completion. Photo by LT. Bradley.

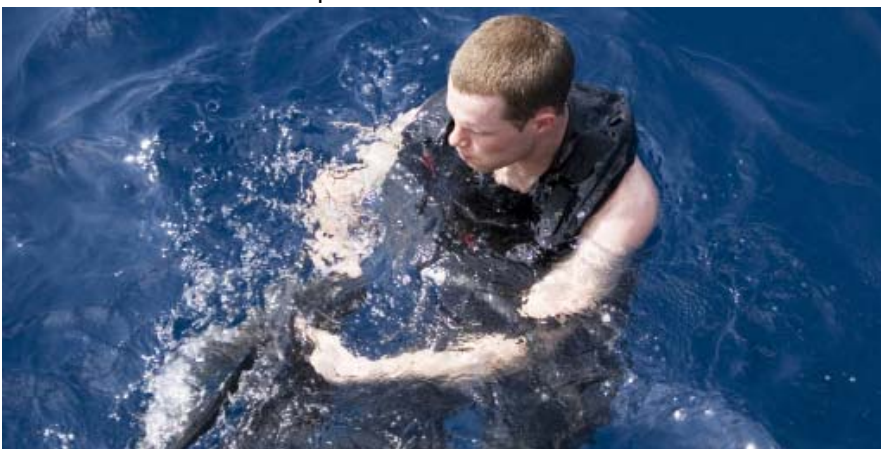
CF DIVISION

February saw us to the end of our Selected Repair Availability. CF worked extremely hard to ensure that all items on our plate were completed. Of special note was the successful completion of our AEGIS Light-off. At the end of a major availability, civilian experts for each area come to the ship to assess, test, and groom the various components to ensure *Cowpens* would be 100% operational. Our technicians worked many long hours and in some cases nights with the tech reps and their hard work shows. Of note is the fact that CF was able to accomplish all

this with a large number of personnel on leave and at school throughout the repair availability. BZ on a job well done guys!

This month we welcome **FC3 Breanna Meintel, FC3 Namh Chau, and FC3 Brandon Fox** to the division. These three fine young technicians arrive fresh from our training center in Dahlgren, VA. Each has already proven their capabilities and has demonstrated the drive, motivation, and technical skill that have made CF the best division on the ship. Welcome aboard!

By: FC1(SW) Day



Weapons Department

CG DIVISION

CG division is back at sea. After completing a very busy SRA (Ship's Repair Availability), *Cowpens* has gotten underway for a short time. People have commented that CG division has completed in 12 weeks what would normally take people five or six months.

The Fire Controlmen of CG has just finished installing an up-grade to the SPQ-9A radar system. With technical assistance from Shawn Murray of SPAWAR, the transmitter was upgraded to a more modern and effective system. The SPQ-9A radar is working great now.

The Gunner's Mate side of the house has not been slacking either. Both our forward and aft gun mounts have been refurbished. After removing and replacing both mount shields and replacing many parts, the guns are ready to go BOOM!

CG division came together with other divisions assisting on an ammunition onload. In addition to taking on our own 5" ammunitions, CG division assisted CM division in taking on Tomahawk and harpoon missiles, and CF division in on-loading CIWS ammunition. In two days time, *Cowpens* took on a full load of ammo, and is ready to complete our mission once again.

In lighter news, CG division has lead Weapon's Department in the *Cowpens* Cup. After placing 2nd in floor hockey, Weapons department took 1st place in bowling and 2nd place in the kickball competition. Bravo Zulu to all who competed!

CG division also says farewell to one of our own. After 4 years, **GM2(SW) Davidsmeier** has left *Cowpens* to Recruit Training Command, Great Lakes, to teach new recruits the proper usage of small arms weaponry.

By: FC2(SW) Jared Salmi

CM DIVISION

"Bravo Zulu!"

The compliment and cheer was shouted across the missile decks, from barge to peer, and even over the ship's announcement system. *Cowpens* has set the bar high once more. During this year's post SRA, CM Division, gratefully assisted by a few rogue Combat System defectors, conducted one of the most expedient and successful missile on loads seen by both *Cowpens* crew and CFAY ordnance team. "With the rate we were moving, we could have had it all done in one day, if CFAY didn't have other obligations," remarked **GM2 Daniel Lebrun**, who departed from our ship one last time once we pulled in from Ammo Anchorage.

CFAY went so far as to jokingly request our Harpoon handling team for their next on load. That particular evolution's success has in no small part to do with the experience and professionalism of our own Mississippi "Mudcat" **FC1(SW) Bronson Ryan**, a legendary character across Seventh Fleet, kept the team in high spirits despite the knowledge that this was to be his last evolution on board the Mighty Moo, as well. To FC1 and his family as well as GM2 we wish the most sincere good tidings. On a personal note, I can vouch to the fact that these two gentlemen are some of the best shipmates this Navy has to offer and will be sorely missed.

By: FC3(SW) Yajaida Pacheco

CA DIVISION

Concluding SRF and beginning the underway season has not proven to be a big feat for CA division. Even through multiple equipment casualties, CA has prevailed. With strong ASW training, utilization of proper troubleshooting techniques, and sufficient long line tracing capabilities, we have managed to successfully survive this month's underway extravaganza. Hong Kong proved to be a wonderful port visit, to say the least. "The World Fair" and Hong Kong Disneyland were just two of many fantastic sites Hong Kong had to offer. CA division is looking forward to wisely utilizing time in homeport Yokosuka for necessary preparations in favor of the next underway events.

By: STG3 Samuel Courtney

FC1(SW) Bronson Ryan poses with Captain Mosher as he receives his end of tour award for his performance onboard the ship. Photo by FC2(SW) Stowe.



Around the Horn . . .



Clockwise:

- A view of the spectacular Hong Kong skyline, which captivates millions of visitors each year with vibrant colors. Photo by CAPT Mosher.

- CWO3 Lute provides the encouragement needed for LT Bollinger as he accompanies her feet first, uniform and all, into the Pacific from the after VLS deck during a swim call. Photo by LT Bradley.

- CTRC(SW) Jonathan Coss poses with one of the many ice sculptures seen each year during Sapporo's Snow Festival. This year's festival had in excesses of two hundred ice sculptures for the public to view. Photo by CTRC Coss.

- OS1(SW) Latreceana Dover focuses on the task at hand during a Community Relations project with Crossroads International during the port visit to Hong Kong. Photo by FC1(SW) Day.

